

CLAIMS

Having thus described my invention, I claim:

1 1. A hand grip device comprising:
2 a substantially rigid U-shaped grip member having a first end and a second end;
3 a strap removably attached to the grip member having a front and a back;
4 the strap having a first end and a second end;
5 the strap having a predetermined length and a predetermined width; and
6 a means for fastening the strap first end to the strap second end.

1 2. The hand grip device of claim 1 wherein:
2 the grip member is steel.

1 3. The hand grip device of claim 2 wherein:
2 the grip member is coated with a plastic finish.

1 4. The hand grip member of claim 1 wherein:
2 the grip member has a slot located on the first end; and
3 the slot is sized so as to accommodate the strap width.

1 **5.** The hand grip member of claim 1 wherein:
2 the grip member first end is longer than the grip member second end.

1 **6.** The hand grip device of claim 4 wherein:
2 the grip member first end is longer than the grip member second end.

1 **7.** The hand grip device of claim 1 wherein:
2 the means for fastening is hook and loop type material.

1 **8.** The hand grip device of claim 1 further comprising:
2 an adjuster located on said first end of the strap.

1 **9.** The hand grip device of claim 8 wherein:
2 the adjuster is sized so as to accommodate said width of the strap.

1 **10.** The hand grip device of claim 7 wherein:
2 the fastening means is located on the front of the strap.

3 **11.** A method of using a hand grip device comprising a substantially rigid
4 U-shaped grip member having a first end and a second end; a strap
5 removably attached to the grip member having a front and a back; the
6 strap having a first end and a second end; the strap having a
7 predetermined length and a predetermined width; and a means for
8 fastening the strap first end to the strap second end, said method
9 comprising the steps of:

- 10 a. placing the hand grip device in a palm of a user's hand;
11 b. placing the strap around a wrist of a user;
12 c. applying the means for fastening; and
13 d. placing a handle of an object into the U-shaped grip member.

1 **12.** The method claimed in claim **11** wherein:
2 the object is a shopping bag.

1 **13.** The method claimed in claim **11** wherein:
2 the object is luggage.

1 **14.** The method claimed in claim **11** wherein:
2 the object is a briefcase.

1 **15.** The method claimed in claim **11** wherein:
2 the object is a weight.